

## MIDDLEBURY HEALTH DISTRICT – 2014-2015 BRFSS DATA

### Health Status Indicators

	Middlebury		Vermont
	Estimated Adults**	%	%
General Health Status is Fair or Poor	3,000	11%	13%
Have Personal Health Care Provider	22,000	89%	88%
Have Health Insurance, Ages 18-64	18,000	95%	93%
Did Not Visit Doctor Due to Cost, in Last Year	2,000	6%	8%
Poor Physical Health <sup>D</sup>	2,000	9%	11%
Poor Mental Health <sup>D</sup>	3,000	10%	11%
Disabled <sup>D</sup>	5,000	20%	23%

### Preventative Behaviors and Health Screening

	Middlebury		Vermont
	Estimated Adults**	%	%
Flu Shot in the Last Year, Ages 65+	3,000	60%	61%
Pneumococcal Vaccine, Ever, Ages 65+	4,000	74%	76%
Routine Doctor Visit, in Last Year	17,000	70%	70%
Dental Visit in Last Year*	19,000	72%	72%
Any Teeth Extracted, Ages 45-64	5,000	49%	49%
Cholesterol Screened, in Last Five Years*	20,000	79%	76%
Ever Tested for HIV	8,000	31%	34%
2+ Daily Fruit Servings*	9,000	36%	32%
3+ Daily Vegetable Servings*	4,000	18%	20%
5+ Daily Fruit & Vegetable Servings*	5,000	22%	20%
Met Physical Activity Recommendations* <sup>D</sup>	15,000	59%	59%
Met Strength Building Recommendations <sup>D</sup>	8,000	30%	30%
Use Community Resources for Physical Activity	14,000	52%	58%
Breast Cancer Screening, Women 50-74* <sup>D</sup>	5,000	80%	79%
Cervical Cancer Screening, Women 21-65* <sup>D</sup>	8,000	82%	86%
Colorectal Cancer Screening, Ages 50-75* <sup>D</sup>	9,000	72%	71%

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### Risk Behaviors

	Middlebury		Vermont
	Estimated Adults**	%	%
Adverse Childhood Experiences (ACE), Four or More <sup>D</sup>	3,000	12%	14%
Binge Drinking, in Last Month <sup>D</sup>	4,000	17%	17%
Heavy Drinking, in Last Month <sup>D</sup>	2,000	9%	8%
Marijuana Use, in Last Month	2,000	7%	11%
Prescription Drug Misuse, Ever <sup>D</sup>	2,000	7%	7%
Smoke Cigarettes, Currently*	3,000	14%	17%
Made Quit Attempt in Last Year*	2,000	56%	57%
Use Smokeless Tobacco, Currently	1,000	4%	4%
No Leisure Time Physical Activity*	5,000	18%	21%
Seldom or Never Use Seatbelt	1,000	5%	4%

### Disease Prevalence

	Middlebury		Vermont
	Estimated Adults**	%	%
Arthritis, Ever Diagnosed	7,000	27%	27%
Asthma, Current Diagnosis	3,000	14%	11%
Cancer Diagnosis, Ever			
Skin Cancer	2,000	9%	7%
Non-Skin Cancer	2,000	8%	7%
High Cholesterol, Ever Diagnosed	8,000	34%	34%
Chronic Obstructive Pulmonary Disease, Ever Diagnosed	2,000	6%	6%
Cardiovascular Disease, Ever Diagnosed <sup>D</sup>	2,000	7%	8%
Depressive Disorder, Ever Diagnosed	5,000	22%	23%
Diabetes, Ever Diagnosed	2,000	8%	8%
Hypertension, Ever Diagnosed*	8,000	26%	25%
Overweight, Ages 20+*	8,000	34%	35%
Obese, Ages 20+*	6,000	28%	25%

## Key Information

The data years for the measures are as follows: adverse childhood experiences (2011 only), community resources for physical activity (2011-2012), oral health & cancer screening (2012 & 2014), physical activity & strength building, cholesterol, hypertension, & fruit and vegetable consumption (2013 & 2015), all others (2014-2015).

\*Percent is age adjusted to U.S. 2000 population.

\*\*Estimated counts are rounded to the nearest thousand Vermonters and not age-adjusted. For measures where the percent is calculated using two years of data, the estimated count is divided by two to provide an average number of individuals with the behavior or condition.

■ Indicates statistically different from Vermont.

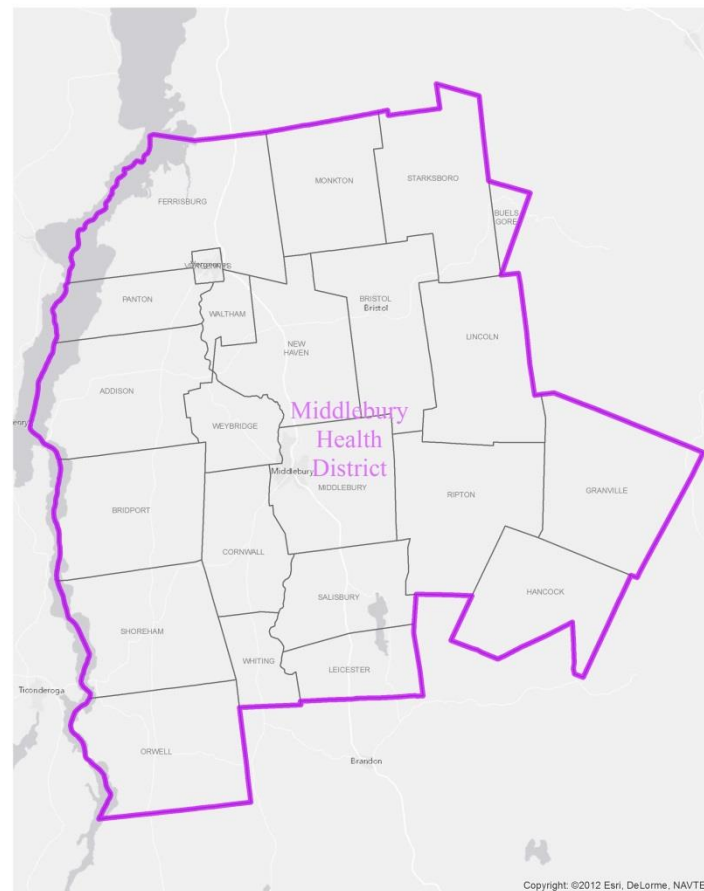
### Definitions:

- Poor physical health: 14 or more poor physical health days in last month.
- Poor mental health: 14 or more poor mental health days in last month.
- Disabled: activity limitations due to physical, emotional or mental problems OR any health problem that requires use of special equipment.
- Prescription drug misuse: used a prescription drug without your own prescription.
- Physical activity & strength building recommendations:
  - Physical activity: 50 minutes of moderate activity or 75 minutes of vigorous activity per week.
  - Strength building: At least twice per week.
- Cancer screening recommendations:
  - Breast cancer: Mammogram in the last two years.
  - Cervical cancer: PAP test in the last three years.
  - Colorectal cancer: are a fecal occult blood test (FOBT) annually OR sigmoidoscopy every five years and FOBT every three years OR colonoscopy every ten years.
- ACE: for more information see [www.cdc.gov/ace](http://www.cdc.gov/ace).
- Binge drinking: five or more drinks for men and four or more for women.
- Heavy drinking: more than two drinks daily for men/more than one for women.
- Cardiovascular disease: ever had coronary heart disease, a stroke or a myocardial infarction.

For more information about Vermont towns in each health district please go to: <http://healthvermont.gov/gis/#data> and download the file [VDH\\_Geographies\\_Apr2013.xlsx](#)

# Middlebury Health District

## 2014-2015 Behavioral Risk Factor Surveillance System (BRFSS) Data



For more information about the BRFSS, please contact:  
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